

ABSTRACT

5 A surgical guide and its use in medical procedures such as to treat female
urinary incontinence are provided. The guide preferably includes a stem portion
having a proximal end and a distal end and a cross-sectional shape having a recess
therein along its length and first and second extension portions extending outwardly
from opposites sides of the distal end of the stem portion. Each of said first and
second extension portions further include a stationary portion that is fixedly coupled
10 to the stem portion and a movable portion that is movably coupled to the stationary
portion. The movable portions are movable relative to the respective stationary
portions between a first position wherein the stem portions extends beyond the
extension portions by a first distance and a second position wherein the stem portion
extends beyond the extension portions by a second distance that is greater than the
15 first distance.